



Live & Virtual Class Schedule – Effective Sun. 2/1 – Sat. 2/28/26

Mon	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
5:30am Spin MC -45 mins.	5:30am BP Mini Sue- 30 mins.	5:30am BP Express MC -45 mins.	5:30am Spin MC -45 mins.	5:20am Sprint Virtual -30 mins.		
6:20am Les Mills Core MC - 30 mins.	6:00am Les Mills Core Virtual - 45 mins	6:20am Les Mills Core MC - 30 mins	6:20am Les Mills Core MC - 30 mins	6:00am BodyPump Virtual 60 min	7:30am BP Express Virtual 45mins.	7:45am Sprint Virtual 30 mins.
8:15am Sprint Virtual 30 mins.	6:30am Power Yoga Megan - 45 mins	7:15am Sprint Virtual 30 mins.	NEW! 6:30am Power Yoga Megan - 45 mins	7:05am Les Mills Core Virtual- 30 mins.	7:45am RPM Virtual 30 mins.	8:00am LesMills Dance Virtual 30 mins
9:00am Power 45 (Strength) Georgia	7:15am The Trip Virtual 45 mins	8:00am LesMills Dance Virtual 30 mins.	7:15am The Trip Virtual 45 mins.	7:15am Sprint Virtual 30 mins 8:15am RPM Virtual 50 mins.		9:00am BodyPump Lynn- 60 mins.
9:00am Aqua Fit JoAnn - 45 mins	8:00am Les Mills Dance Virtual 30 mins	8:15am RPM Virtual 50 mins	8:30am Les Mills Flexibility Virtual 15mins	9:00am Aqua Fit JoAnn - 45 mins	9:15am BodyPump Georgia 60 min	10:05am Les Mills Core Lynn 30 mins.
9:00am Yoga Megan - 50 mins	8:30am Sprint Virtual - 30 mins	9:00am Aqua Fit JoAnn 45 mins	8:30am Sprint Virtual - 30 mins			
9:50am LesMills Core Georgia- 30 mins.	9:00am W/T/S JoAnn 45 mins	9:00am PowerHour 30 mins Strength & LesMills CORE 30 mins Georgia	9:00am Yoga Megan - 50 mins	9:15am PowerHour BP 30 mins. & LesMills CORE 30 mins Georgia	9:30am Spin Sally 45 mins 10:00am Yoga Christine 60 Mins	10:15am RPM Virtual 50min
10:30am Spin Denise 45 mins	9:00am Pilates Strong Georgia 50 mins		9:00am Aqua Fit JoAnn - 45 mins.			
11:45am Yoga Megan 45 mins	10:00am RPM Virtual 30 mins	9:50am LoCardio/Tone JoAnn 40 mins.	9:00am BodyPump Virtual 45 mins.		10:20am LesMills Core Georgia30 min	11:00am BP Express Virtual 45 mins
12:00pm BP Express Virtual - 45 mins.	10:30am Powersculpt Sue K.45 mins	10:30am Spin Denise 45 mins.	9:50am Les Mills Core Virtual 30mins.	10:30am Spin Denise 45 mins.	11:00am BP Express Virtual 45 mins.	11:45am Les Mills Core Virtual 30 mins.
12:15pm RPM Virtual 30 mins	11:30am LesMills Core Virtual - 30 mins.	11:30am LesMills Core Virtual - 30 mins.	10:30am Aqua Fit Julie - 55 mins.	11:30am LesMills Core Virtual - 30 mins.	11:50am LesMills Core Virtual 30 mins	12:30pm LesMills BodyPump Virtual 60 mins
3:00pm LesMills Core Virtual 30 mins	2:30pm The TRIP Virtual 45 mins.	12:15pm BodyPump Juanita - 60 mins	10:45am Powersculpt Sue K. 45 mins.	12:15pm BP Mini Virtual 30 mins.		
5:00pm RPM/Spin 45-50 mins. Virtual or Ron	3:30pm LesMills Core Virtual 30 mins	3:00pm LesMills Core Virtual 30 mins	12:20pm BP - 60 mins. Virtual	2:00pm BP Express Virtual 45 mins	1:00pm Sprint Virtual 30mins	12:30pm The TRIP Virtual 45 mins.
5:30pm Pilates Strong Georgia 50 mins.	5:30pm BodyPump Agnes 60 mins.	5:00pm Spin -45 mins. Tony or Ron	2:30pm RPM Virtual 50 mins.	4:15pm RPM Virtual 30 mins		
6:45pm BP Mini Virtual 30 mins.	5:30pm RPM Virtual 50 min	5:30pm BP Express Virtual 45 mins	5:30pm BodyPump Vicky 60 mins	5:00pm BodyPump Virtual 60 mins		
6:45pm RPM Virtual 30min	6:30pm Aqua Fit Kathi D. 50 mins	6:30pm Gentle Yoga Laura/Megan 50 mins	5:30pm RPM Virtual 50mins.	6:00pm Sprint Virtual 30min		
7:00pm Yoga Sue C. 50 mins. (Restorative 2/23)	6:45pm W/T/S JoAnn 45 mins	6:30pm Sprint Virtual 30 mins.	6:35pm LesMills Core Virtual 30 mins.	6:15pm BodyPump Virtual 60 mins		
						Studios: RHFit #1 RHFit #3 RHF Pool Mind/Body

Live & Virtual Workout Policies & Procedures:

All classes are first-come, first-served for space/bike placement.

Studios will be open approximately 15 mins prior to class.

Please do not save spots for friends/family that have not arrived to the club.

You may enter the pool prior to aqua classes once the lanes are pulled out.

Please keep ample spacing at all times.

Due to the continuous fluid situation, changes to the schedule may occur. Please do not enter the club and/or any classes if you are not feeling well.

All equipment should be cleaned before use and is mandated to be cleaned by the participant after each use and put back accordingly.

For the safety of everyone...

No late entry into any class, at any time.

Virtual classes are available only while participating in-club and in the designated studio.

Classes are projected onto a large screen automatically at designated times with top Les Mills International Presenters.

(Please note: Substitutions/Cancellations may occur due to unforeseen emergencies.)

Please exit studios promptly after cleaning your equipment.

Limited exercise mats/yoga blocks/yoga straps/bands/balls are now available in studios.

Please clean all equipment/mat before & after each use.

You may bring your own mat, towel, & water bottle.

Any violations to the policies and procedures may result in suspension or termination of class participation and/or membership.

RHF Management Team